

Gynaecological disorders

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Retroversion / Retroverted uterus

A retroverted uterus is a uterus that curves in a backward position at the cervix instead of a forward position.

Retro. uterus may also be referred to as:

- Tipped uterus
- Uterine retroversion
- Backward uterus
- Uterine neck displacement

Causes

A retroverted uterus is a standard variation of pelvic anatomy that many women are either born with or acquire as they mature.

Genetics may be the cause.

In other instances, the condition may have an underlying cause that is often associated with pelvic scarring or adhesions. These include:

Endometriosis: Endometrial scar tissue or adhesions can cause the uterus to stick in a backward position almost like gluing it in place.

Fibroids: Uterine fibroids can cause the uterus to become stuck or to tilt backward.

PID: when left untreated, PID can cause

"All the work you do, believe for your own salvation, is done for your own benefit." - Swami Vivekananda

scarring, which may have a similar effect to endometriosis.

History of pelvic surgery: can also cause scarring.

History of prior pregnancy: In some instances the ligaments holding the uterus in place become overly stretched during pregnancy. This may allow the uterus to tip backward.

Retained uterus & fertility:

A ret. uterus doesn't typically affect a woman's ability to conceive. This condition is sometimes associated w/ other conditions that may affect fertility potential. These include:

Endometriosis • PID • Fibroids.

Retained uterus & pregnancy

Having a ret. uterus doesn't usually affect the viability of a pregnancy.

A ret. uterus may create more pressure on your bladder during the first trimester that may cause either fecal incontinence or difficulty urinating. It can also cause back pain for some women.

Your uterus may also be harder to see via ultrasound until it begins to enlarge w/ pregnancy. Your dr. may need to use trans vaginal ultrasounds during

progression of your pregnancy. Your uterus should expand & straighten toward the end of the first trimester, typically b/w 10 & 12 wks, this will cause your uterus to lift out of the pelvis & no longer tip backward.

on occasion, the uterus is not able to make this shift. Sometimes this is caused by adhesions that keep the uterus anchored into the pelvis.

If the uterus doesn't shift forward, your risk for miscarriage may rise. This is kn as an incarcerated uterus, & it's uncommon.

S/S

Some women i takeo. uterus experience no symptoms. If you do experience symptoms they may include:
pain in your vagina or lower back during sexual intercourse.

Pain during menstruation

Trouble inserting tampons
red urinary frequency or feeling of pressure in the bladder.

urinary tract infections
protrusion of the lower abdomen.
chronic premenstrual pelvic pain.